

# INSTRUCTIONS FOR AT HOME SPUTUM COLLECTION

1. The night before, brush your teeth at bedtime



2. After waking up, rinse your mouth with water only. **DO NOT BRUSH YOUR TEETH.** Collect sputum on:  
Date \_\_\_\_\_ Morning



3. Take 3 deep breaths



4. Cough up phlegm (or whatever comes into your mouth and throat).



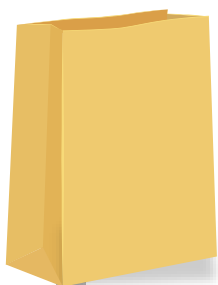
5. Spit into the collection container provided. Do not put your mouth on the tube.



6. Replace the cap on the tube and screw on tightly.



7. Place the container inside the plastic bag. Then place the plastic bag inside the paper bag provided.



8. Put the paper bag in the refrigerator overnight. Avoid placing the bag under direct sun or heat.



9. Bring the paper bag back to the clinic on:

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

